



**STRESS RELIEF WITH DR. SIDDHARTH ASHVIN SHAH**

Guided meditation using self hypnosis techniques and yoga nidra relaxation



**STRESS RELIEF, VOL. 2: EXPERIENCE DEEP RELAXATION**

Guided meditations and yoga nidra with Dr. Siddharth Ashvin Shah



**STRESS MANAGEMENT IN DEMANDING ENVIRONMENTS**

Guided meditations and yoga nidra for relaxation with Dr. Siddharth Ashvin Shah



**SLEEP AID WITH DR. SIDDHARTH ASHVIN SHAH**

Yoga nidra and guided meditation with self hypnosis techniques



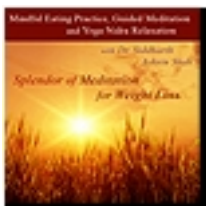
**EXPERIENCE TRUE REST**

Guided meditations and yoga nidra relaxation for sleep with Dr. Siddharth Ashvin Shah



**MINDFUL EATING AND WEIGHT LOSS SELF-HYPNOSIS**

Guided meditations and yoga nidra relaxation with Dr. Siddharth Ashvin Shah



**[SPLENDOR OF MEDITATION FOR MINDFUL EATING AND WEIGHT](#)**

Mindful eating practice, guided meditation and yoga nidra relaxation with Dr. Siddharth Ashvin Shah

**STRESS RELIEF WITH DR. SIDDHARTH ASHVIN SHAH:**  
**Guided meditation using self hypnosis techniques and**  
**yoga nidra relaxation**



**Track 1 – Five Minute Rescue with Swaramandala and Ocean Waves 6:39**

**Track 2 – Morning Time Stress Prevention 7:02**

**Track 3 – Power Sleep 9:02**

**Track 4 – Unwinding After Work 15:22**

**Track 5 – Restorative Yoga Nidra 28:34**

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[CDs from Amazon.com](#)



With this recording, you will experience the powerful practice of self-hypnosis, meditation and Yoga Nidra--the ancient art of intentional relaxation--as tools to overcome daily stress and lead a happier, more productive life.

How do you relax and experience tranquility under challenging circumstances? When the pace and tenor of life become difficult to bear, the exercises and meditations on this album will help you find the strength and composure to thrive.

The five tracks on Stress Relief, Vol. 1 include three shorter guided meditations, one longer meditation and a lengthy Yoga Nidra exercise, each designed to center you at specific times of the day.

Creating sounds that are as beautiful as they are effective, Dr. Shah gently narrates instructions over a background of ocean waves and the gentle sound of swaramandala, a classical Indian zither. Experience a scientifically proven, spiritually enriching pathway to serenity, health and effectiveness.

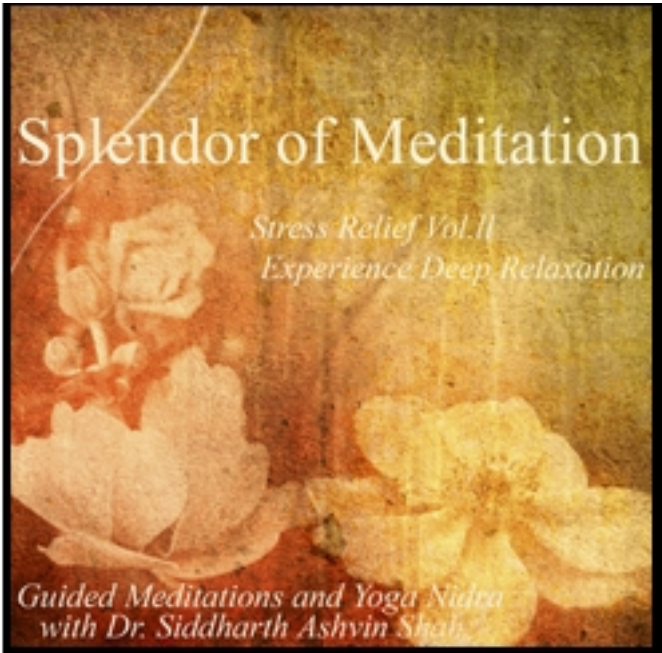
## Reviews

**Supermarcos:** I found the longer meditations the most effective, the unwinding after work and the restorative yoga nidra. The other three are good too but I find I need a little longer to truly relax. The voice of the Dr. giving the instruction is very pleasant and the background sound of the waves and the stringed instrument is very calming, perfect background for meditation.

**Red Headed Stranger:** This is a fascinating, very helpful aid for stress relief. Dr. Shah's interesting combination of cross-cultural knowledge is very effective. Anyone undergoing a lot of stress would seriously benefit from this.

**Ms. Sue Pritchard:** This is a great start for my quest of having more calm and contentment in my life. I find that taking some time every day to take a deep breath and meditate has done a tremendous difference in my life. I like the way this CD was put together. Looking forward to future releases!

**STRESS RELIEF, VOL. 2: EXPERIENCE DEEP  
RELAXATION :**  
**Guided meditations and yoga nidra with Dr. Siddharth  
Ashvin Shah**



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## Reviews

**S:** I tend to worry- most of the time for little things and I got aware that worrying comes from not being in the present moment, having the mind wonder into the future. I found meditation really useful for being more at ease and I love how this CD addresses the issue of bringing the mind into the present moment. Very simple exercises but they are very effective. Thank you.

**Lukas:** I have a high stress job and the practice of meditation has really helped me to cope... more than that I have been able to be much more calm. Anyway, these meditations are excellent, easy to follow and I enter a state of relax with them after just 7 minutes to listening to them. An excellent effort with high production value. Thanks!

## STRESS MANAGEMENT IN DEMANDING ENVIRONMENTS : **Guided meditations and yoga nidra for relaxation**



## CD2

### Track 1 - Yoga Nidra Relaxation for Sleep 29:58

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This top-selling, 2 CD set from MUSIC FOR DEEP SLEEP integrates effective and powerful self-hypnosis and meditation techniques. Using subtle, pleasant narration and a calming background of nature sounds, it takes the listener on a journey toward peace, rest and replenishment.

Dr. Siddharth Ashvin Shah's Sleep Aid Series combines proven elements of modern Western and traditional Eastern thought into a blend of self-hypnosis, meditation and Yoga Nidra - the ancient art of intentional relaxation, bodily rejuvenation and true rest.

This unique cross-pollination of the scientific and the spiritual will ease even the most restless and weary minds. Calming, gentle narration and soothing nature sounds create a powerful restorative experience that will transform the way you sleep.

## Reviews

**Chefkimmie:** I was very skeptical about trying this. I have been on every med. For insomnia and tried every relaxation technique, so I decided to give this a try. I normally average about 2 hours of sleep a night. Once I put this on, I didn't even get through the whole thing before falling asleep. The second night I did get farther, but I got an even more rested nights sleep and feel great! I went to bed last night at 8 pm and am only up early now due to how much rest I got. I really do recommend this to anyone. I am a believer and will definitely check out other titles by this author. Thank you Dr. Shah.

**Anonymous:** I am amazed and fascinated by this. I always wake up in the middle of the night

tossing and turning. The problem has been solved. My 20 steps is a winding staircase onto the beach and my choice between sleep and relaxation is a hammock or a comfy chair with a book. WOW! Fascinated as to how this works. Thank you!!

**Julie Torres:** I have been doing various relaxation techniques including Yoga for many years and I have found this Yoga Nidra track one of the best I have ever heard. For this kind of work you need someone who not only has a pleasant voice but also someone who conveys the right “vibe.” Every time I play it I go very deep.

**Anonymous:** The Yoga Nidra track is amazing. I don't think I have yet to listen to it all the way through. Really allows me to relax and get a wonderful night's sleep.

**PM:** What a great deal this is. Each relaxation technique is solid and stands on its own. I especially love the Yoga Nidra Relaxation and the Deep Sleep Journey. I was out half way through listening to them!

**QDB:** WOW! Yesterday impossible to fall asleep, although I was exhausted. At 1am I switch on my computer, open iTunes and search sleep. This album is among the first to pop out. Little did I know, within 15 minutes I fell asleep like a baby. Great purchase!

### **EXPERIENCE TRUE REST:**

**Guided meditations and yoga nidra relaxation with Dr. Siddharth Ashvin Shah**



[Download from iTunes](#) [Purchase on Amazon](#) [Purchase on Spotify](#) 26:00

[CDs from Amazon.com](#)



## Reviews

**Jasmin D:** It is very simple and it works. Before you know it you are not thinking random thoughts, and find yourself in a peaceful space.

**Ms. Sue Pritchard:** The guided meditations are excellent, accessing the power of the breathing and the present moment. The practice of being present and meditation has relaxed me much and I am having better sleep. I am becoming a fan of the series, very well done.

**MM:** My favorite track is the Sleeping in Stillness meditation and yoga nidra. The yoga nidra is shorter than the previous release so I find it easier to follow. I love the background sound with the nature sounds, perfect companion for the meditation.

**Mind over Matter 7:** The instructions are clear, the voice is very pleasant and the meditations are done very well with high production value. Very well done.

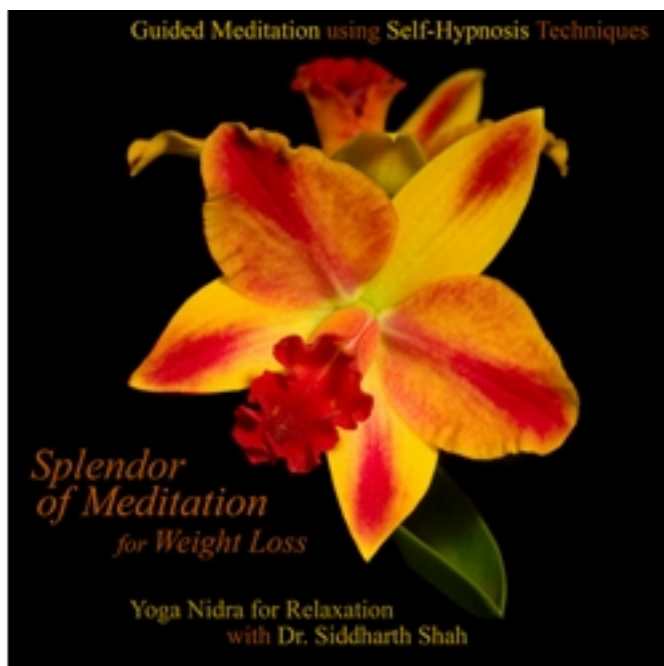


**Mrs. D:** I've tried several of these- this is the first that seems to actually work—some of the others are so vague they actually keep me awake. I'm almost worried this is too good.

**Harsh:** I like the concept of this, to the point and it gets the job done.

## **MINDFUL EATING AND WEIGHT LOSS USING SELF-HYPNOSIS**

**Yoga nidra relaxation for weight loss with Dr. Siddharth Ashvin Shah**



**Track 1 - Meditation for Well Being 10:00**

**Track 2 - Guided Meditation for Weight Loss and Mindful Eating 25:13**

**Track 3 - Yoga Nidra Relaxation for Weight Loss 28:25**

[Download from iTunes](#)



[CDs from Amazon.com](#)



Make peace with the process of eating, follow your intentions and lead yourself to health and nourishment by using effective guided meditations, self-hypnosis techniques and Yoga Nidra the ancient art of intentional relaxation. Undo negative cycles of thought and free yourself from

anxiety, releasing your body's innate capability to balance itself.

Dr. Siddharth Ashvin Shah uses the best of traditional and modern thinking to craft simple, accessible and highly effective exercises that increase awareness, create stillness and support positive eating behaviors.

Weight Loss Through Mindful Eating is not a gimmick or a magic cure. It is a directed path away from extreme, unhealthy attitudes about food toward a calm, purposeful, healthy center.

Using guided techniques based in meditation, self-hypnosis and Yoga Nidra, Dr. Shah's gentle vocal tones ease you into relaxation as the sounds of tamboura and ocean waves play quietly in the background. Discover self-acceptance and renew your commitment to a healthy lifestyle with this positive, powerful tool.

## Reviews

**DiscoveryNYC:** This is one of my favorite hypnosis sessions related to getting food cravings under control. As you can imagine the subject matter can get quite emotional with me. And the bottom line is that after listening to this for a couple weeks I have had less cravings and episodes of impulsive eating and I feel much more relaxed about the whole thing. I am no expert on hypnosis—it apparently works by getting into a deep relaxed state and having an expert “speak” to your subconscious—all I know is that I feel a bit more relaxed without the anxiety I sometimes feel around falling into my overeating patterns. I also love the whole concept of mindful eating. Being really present in the process of eating. I am excited and grateful to continue this journey. And I think the price is a bargain considering all the content you get and the effectiveness—at least in my experience of the product.

**Mind over Matter 7:** I love the production value of this project, which is very high. The length for the meditations are perfect and the voice of the doctor guiding them is very soothing and pleasant—which is very important for this sort of product.

**Paradise in Mars:** I find this CD very useful. I feel that it addresses the core issue for my overeating problem, which is my lack of mindfulness. It has helped me tremendously to start having more awareness while eating. It has increased my sense of well being.

**Lukas:** I did not get to appreciate this until I really took time off to listen to the meditations every day. I don't know about weight loss but one thing is certain. I feel more calm and centered after meditating regularly every day and I do experience less cravings.

**JT:** I have seen similar products selling for more than \$20! Thank god for iTunes! This is so much nicer to listen to and it costs \$9.99.

**E:** What a gift this recording is. I especially tend to overeat when I am nervous or anxious and this practice definitely made me take a pause and witness myself more.

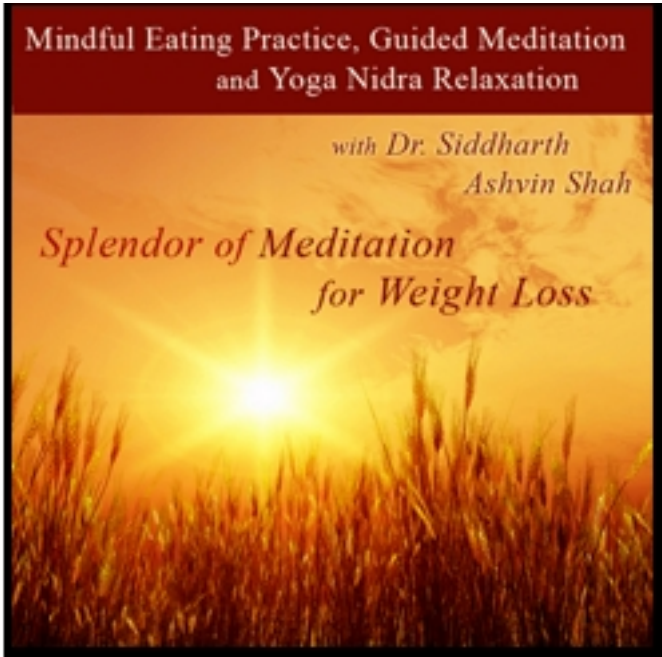
**LovesMusic:** I was blown away by this. I was searching for a guided Yoga Nidra practice and I found the use of the practice for weight loss intriguing. I can only say that this was done very well and I love to relax to the Yoga Nidra practice.

Native New Yorkr: I listen to this after work every day, and never get tired of the techniques, the music, the voice... I get the same centered relaxed feeling I get when I've had a massage. Well worth the investment, pays you back many times over...

**RHS:** These guided exercises are very effective, and such a better option than unhealthy diets and pills that are so common these days. Dr. Shah delivers a practical, balanced set of instructions that raise awareness and heal negative attitudes and associations with food. Before you sink money into some fad diet program, check this out.

## **SPLENDOR OF MEDITATION FOR MINDFUL EATING AND WEIGHT LOSS:**

**Mindful eating practice, guided meditation and yoga nidra relaxation with Dr. Siddharth Ashvin Shah**



[Download from iTunes](#)



Using Self-Hypnosis 19:42

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## Upcoming Albums

- **Buddhist Terminology, Sutras and Aphorisms**  
Recited in Pali and Sanskrit + English Translations
- **25 Patanjali Yoga Sutras Recited for Western Practitioners**  
Translation + Pronunciation Guide
- **Yoga Terminology in Sanskrit**  
Asana/Poses, Philosophy and Kirtan + Pronunciation Guide